

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 (NIV)

Trust In Me

Don't be anxious about anything. That's a lot harder than it sounds. **Why is that?** I have a lot to worry about. **Why is that?** I have a lot of concerns. I have a lot of pressures. I have a lot of things to try to figure out. **Do you like worrying? Is worrying some sort of hobby of yours?** No, I don't like to worry. It's not a hobby of mine.

Is everything in your hands? Is everything under your control? No, I feel out of control. Most of the outcomes I worry about in life are out of my control. That is when I worry the most. **I have some news for you.** What's that? **You are not in control. The world around you is not in your hands. There is very little in the world around you that you can control. You really have two choices.** What are my choices?

You can be filled with worry and carry a heavy burden of anxiety or you can place all your trust in me. Do you believe that I am with you? Do you believe that I will watch over you? Do you believe that I love you? Do you believe that I will help you? Lord, I believe that you are with me to help me. I believe that you love me and will watch over me. **How would I ever know that is what you believe?** I'm not sure what you mean. **If you believe all that you say that you do, will you place all your trust in me?** How can I demonstrate that I am placing all my trust in you? What does placing all my trust in you require? What will I do if I really am trusting fully in you? **Those are all very good questions.**

Placing all your trust in me requires that you come to me. If you are really trusting in me you will talk to me about all your worries. You will turn every one of your worries into a prayer to me. You will ask me for all that you need. You will give thanks to me because you trust that I will hear and answer your prayers. You will allow me to relieve you of your anxiety and fill you with my peace. Is that what you want? Yes Lord, I want to be filled with your peace. I want to be relieved of all my anxiety. I want to let go of all my burdens. I will turn every one of my worries into a prayer to you. **That will be very good.**

Lord, instead of worrying and a carrying a weight of worry I'm going to turn all my burdens over to you in prayer. Thank you that you are with me in the midst of difficulty, guarding my heart and mind and giving me your peace. Amen

The Mind *Present Your Requests*

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

NIV Philippians 4:6-7

The Mind *Let Your Requests Be Made Known*

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

ESV Philippians 4:6-7

The Mind *Tell God What You Need*

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

NLT Philippians 4:6-7

The Mind *Let Your Requests Be Made Known*

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

NKJV Philippians 4:6-7

The Mind *Let Your Requests Be Made Known*

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

NRSV Philippians 4:6-7

The Mind *Letting God Know Your Concerns*

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

MSG Philippians 4:6-7

The Mind *Make Your Wants Known To God*

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

AMP Philippians 4:6-7

The Mind *Tell God Your Needs*

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

TLB Philippians 4:6-7

The Mind *Let Your Requests Be Made Known*

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

NASB Philippians 4:6-7

The Mind *Ask God For Everything You Need*

Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.

NCV Philippians 4:6-7

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you turn all your worries into prayers to the Lord.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will turn all my worries into prayers to you.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what worries can I turn into prayers to you?
